



Northampton Aquatic & Family Center

at JFK Middle School, 100 Bridge Road, Florence, MA 01062

American Red Cross Swim Lessons



2018 Winter Classes Session III

The Aquatic and Family Center offers swim lessons to all ages and abilities.

Our lessons include Parent and Child, Preschool and Levels 1-6.

We offer lessons from beginners through advanced swimmers.

Classes are 30 minutes in length. We also offer private lessons.

Thursday Classes Will Resume February 28, 2019

Saturday: January 5 - February 16 (6 classes)
(No Class January 19)



Time:	Parent & Child	9:30 - 10:00 am
	Pre - Level	9:30 - 10:00 am
	Level 1& 2	10:00 - 10:30 am
	Level 3& 4	10:00 - 10:30 am
	Level 5& 6	10:30 - 11:00 am

Fee: \$33/\$45/\$55

Fees listed in the order off Member / Resident / Non-Resident

Pre-registration is required before start of session; space is limited; instructor ratio 1: 6, Pre-level & Level 1&2

Class Descriptions:

Parent/Child: Ages 1-5 with parent, emphasis on fun, covers a variety of skills and activities

Pre- Level: Ages 3-5, a variety of swimming and safety skills covered

(Suggested Ages 5 and up)

Level 1: Beginner independence in the water; Intro to breath control and Front Crawl

Level 2: Refine Front Crawl; Intro to Elementary Backstroke and rotary breathing

Level 3: Develop Front Crawl and Elementary Backstroke; Intro to Side Stroke, Breast Stroke, and Back Stroke

Level 4: Perfect Front Crawl, Back Crawl, Elementary Back Stroke; Refine Side Stroke, Breast Stroke

(Suggested Ages 6 and up)

Level 5: Develop Breast Stroke, Side Stroke; Intro to Butterfly and Diving; Build endurance with pervious strokes

Level 6: Intro to competitive techniques and Strength Training; Flip Turns & Starts, Diving & Stroke Critique

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence, MA
Mon-Fri 4:00 - 8:00pm & Sat. 10:00am - 5:00pm and Sun. 11:00am - 4:00pm, 413-587-1046
or

Northampton Parks and Recreation Department, 100A Bridge Road, Florence, MA 01062
Mon-Fri 8:30 am-4:30 pm 413-587-1040

www.northamptonma.gov/recreation recreation@northamptonma.gov

REGISTRATION FORM ON REVERSE SIDE

Updated 12/26/18

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

☐ New to Northampton
Parks & Recreation

☐ I have updated my
Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐

No ☐

PARTICIPANT'S FULL NAME: _____

Gender _____

Current Grade _____ (Fall 2018)

Date of Birth _____ School _____

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee (where applicable)	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$ _____

PASS PURCHASE

Pass	Pass Type					Pass Length		Fee
Aquatic Center	Res:	Adult	Family	Senior	Youth	6 Month	12 Month	\$
	Non-Res	Adult	Family	Senior	Youth			

Special Considerations/Comments (Use back if necessary)

Pass Holder's Name(s)	Gender	DOB
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Pass/Tag# Issued

**TOTAL
AMOUNT DUE**

\$ _____

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton.

I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs.

I further affirm that I have read this Consent and Release From and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____ Date: _____

Charge my VISA ___ Master Card ___ Discover ___ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____ Cash _____ Check # _____ Credit _____ Date _____ RT Date _____ Staff _____